

Tooth Decay and Cavities Treatment



Tooth Decay Stage 1

Treatment: Good oral hygiene

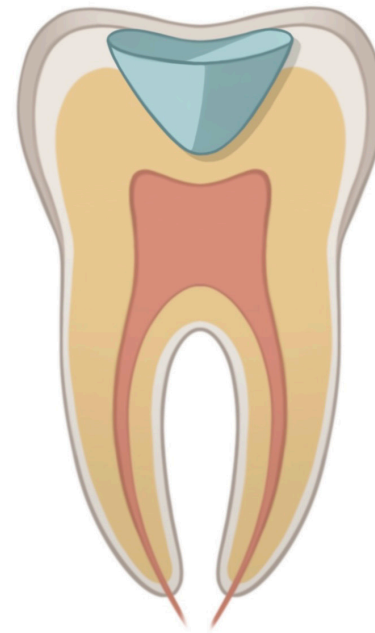
- Brushing, flossing, and rinsing
- Going to the dentist regularly
- Making healthy food and drink choices



Tooth Decay Stage 2 & 3

Treatment: Fillings and SDF

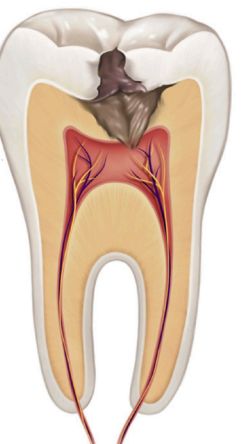
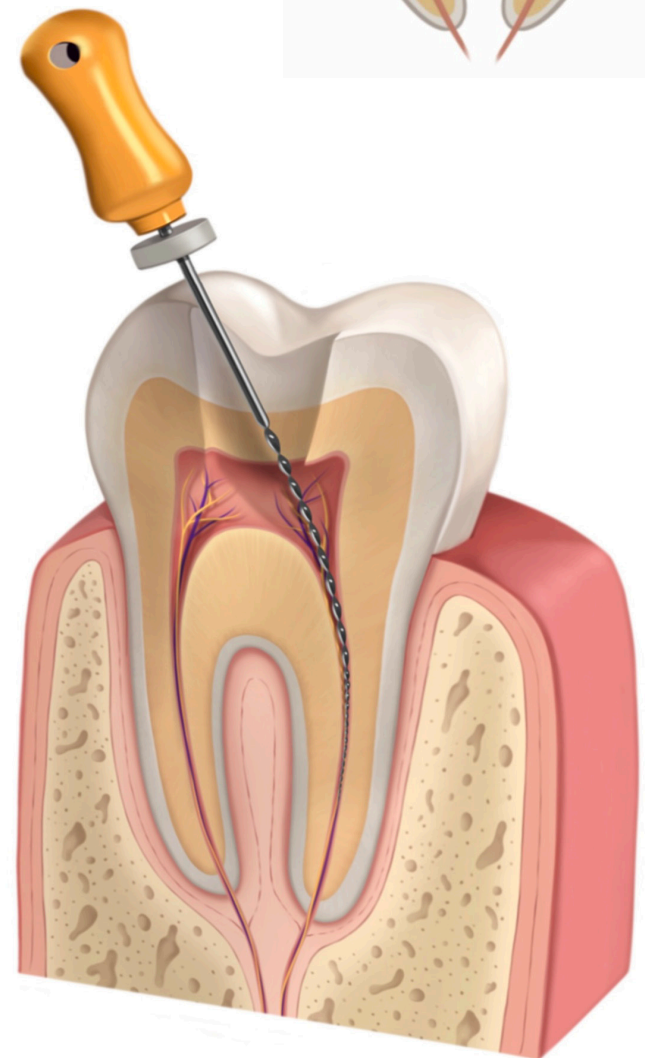
- Fillings use materials like resin or porcelain that can match the color of your teeth and “fill” the hole caused by tooth decay.
- SDF is a liquid medication placed on the cavity that very quickly causes the cavity to harden, helping to prevent any future decay.
- Ask your dentist which option is right for you.



Tooth Decay Stage 4 & 5

Treatment: Root Canals or Tooth Removal

- Root canals remove any infected tissues and nerves with a dental instrument and cleaning the cavity so that a filling can be done.
- After your tooth heals, you will return to your dentist for a crown that will help protect your tooth.
- Tooth Extraction



How Can you Lower Chances of Cavities?

- Choosing sugar-free drink options over sugary drinks
- Switch your starchy (like potato chips) or sugary (like candy) snacks for crunchy vegetables or chocolate when available
- Brushing your teeth twice a day with a fluoridated toothpaste
- Flossing and rinsing with a fluoridated mouthwash
- Visiting your dentist regularly

